



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herzog, Claudia

Club: Berlinchen Ranch

Number: 381

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 19:12

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 105 (of 389)

Rank in course/Women: 22 (of 140)

Best time in course: 14:03

Rank in category: 3(of 20)

Best time in the category: 14:23

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Runde	2.00	9:48	4:54	3	2:49	28	2:49	2.00	9:48	4:54	17			24	
Leichtathletikhalle	2.00	9:24	4:42	2	2:00	18	2:20	4.00	19:12	4:47	3	4:49	22	5:09	